

## 2Chili30

Number of Servings: 30 (265.29 g per serving)

Amount	Measure	Ingredient
3.00	lb	Beef, ground, hamburger, pan browned, 10% fat
13.00	Tbs	Onion, white, fresh, chpd
5/8	tsp	Spice, garlic Powder
3 1/2	qt	Tomatoes, red, cnd, whole, not drained
8 1/2	tsp	Spice, chili powder, Eagle
6.00	cup	Beans, chili style, mild, cnd
6.00	cup	Beans, kidney, red, mature, cnd

### Nutrients per serving

Nutrition Facts	
Serving Size (265g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 550mg	23%
Total Carbohydrate 21g	7%
Dietary Fiber 7g	28%
Sugars 3g	
Protein 19g	
Vitamin A 8%	Vitamin C 20%
Calcium 6%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at and internal temperature above 140 degrees F.

Cook beef, onions and garlic until meat loses pink color

Mix tomato and seasonings. Add to beef. Stir and bring to a simmer.

Add beans to meat mixture. Cover and simmer 1 hour. Add water if chili becomes too thick.

Serve 1 c. with 8 oz spoodle or ladle.

1 c. = 1/2 serving vegetable + meat/meat substitute.

25 g CH0 = 1 1/2 Carb serving

### Notes

10# raw 90% lean ground beef, As Purchased (AP) = ~7# Edible Portion (EP)

1 gallon = 16 cups. A #10 can is approximately 12 1/2 cups.

Chili powder can be increased or decreased according to taste. Use chili POWDER rather than chili pepper, chili powder is a mixture of cumin, chili powder and paprika.

Canned tomatoes with no more than 150-160 mg sodium/1/2 cup serving need to be purchased or buy unsalted canned tomatoes.